

Wisewoman

Cardiovascular Health Services

What is Wisewoman?

Wisewoman: Well-Integrated Screening and Evaluation for Women Across the Nation

A new service in South Carolina that provides **free health screenings** and lifestyle education to help women like you reduce your risk for heart disease and stroke.

A yearly health screening will evaluate the steps you need to take to stay healthy. The screenings measure your:

- * Blood pressure
- * Cholesterol
- * Blood sugar
- * Body weight
- * Waist size

free health screenings

To qualify for services you must:

- * Receive breast and cervical cancer screening services from the Best Chance Network (BCN), S.C. Breast and Cervical Cancer Early Detection Program (SCBCCEDP).
- * Be uninsured (*no health insurance*) or under insured (*have hospital coverage only*).
- * Be 47-64 years old.

ages 47-64



lifestyle education

Wisewoman lifestyle education can help you decrease your risk for heart attack or stroke.

- * Would you like to quit smoking?
- * Would you like to lose weight?
- * Would you like to know how to fix healthy meals?

stay healthy

Ask your doctor or nurse how you can join today!

or visit our site online:
www.scdhec.gov/wisewoman

join today!

If you live in Chesterfield, Clarendon, Darlington, Dillon, Florence, Kershaw, Lee, Marion, Marlboro or Sumter counties contact Valencia S. Thomas at (843) 673-6530 or thomasvs@dhec.sc.gov

If you live in Georgetown, Horry or Williamsburg counties contact Regina Nesmith at (843) 355-6012 or nesmitr@dhec.sc.gov